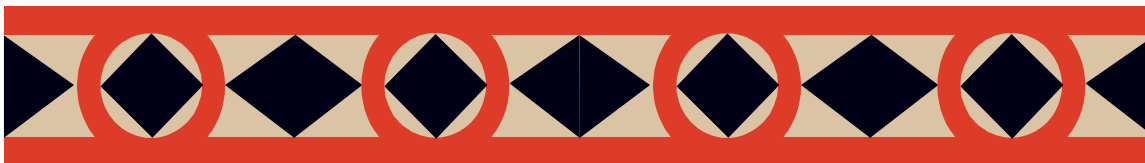


FOURTH GRADE PATHWAYS CONTENT STANDARDS FOR SOUTH DAKOTA

***Pathways* curriculum includes health-based lessons that also address core curricular concepts for third, fourth, and fifth grades. Those concepts have been matched to South Dakota content standards for science, math, social studies, communication arts, health, and physical education. The *Content Standards* files include these academic content standards identified as *Lesson Objective*, then *Content Area, Indicator*, and *Bloom's Taxonomy Level*.**

Other objectives labeled as *Extending the Lesson* can be found at the end of many units. These additional objectives address academic content which is legitimately a part of the curriculum but were not originally identified by objectives. This was done to strengthen the academic connections in the curriculum.



Fourth Grade—Week 1—Part A
Content Standards for thrgrwk1.pdf page 8

Content Area/Goal	Indicator	Standard/Bloom's Taxonomy Level
<p>LESSON OBJECTIVE: <i>Name and discuss two important ways to be healthy.</i></p> <p style="text-align: center;"><i>Describe one active physical behavior and one eating behavior to be healthy.</i></p>		
Health 1. Students will understand health promotion and disease prevention concepts and practices	1. Students will evaluate how personal behavior can impact the health of self, peers, and family.	4.1.1 Knowledge Determine how appropriate and inappropriate health practices affect self and family.
<p>LESSON OBJECTIVE: <i>Explain how often to exercise and give a reason.</i></p>		
Health 3. Students will understand the benefits of practicing health-enhancing behaviors that reduce health risks.	3. Students will evaluate the role of personal responsibility in health-related decisions.	4.3.3 Comprehension Explore how current health decisions affect one's future.
<p>LESSON OBJECTIVE: <i>Demonstrate a physically active game such as the "Turn-Around."</i></p>		
Physical Education 1. Students will develop competency in all fundamental movement skills and proficiency in some movement forms.	2. Students will apply correct technique when performing complex manipulative movement patterns in specialized activities.	4.1.2 Application Demonstrate mature form in all manipulative skills within movement patterns.
Physical Education 3. Students will participate in physical activity to achieve and maintain a health enhancing level of physical fitness.	3. Students will participate regularly in physical activities that contribute to attainment of personal health-related fitness.	4.3.3 Application Engage in on-going physical activity and encourage the participation of others.

Fourth Grade—Week 1—Part B
Content Standards for frgrwk1.pdf page 1

Content Area/Goal	Indicator	Standard/Bloom's Taxonomy Level
<i>LESSON OBJECTIVE: Identify several healthful behaviors involving healthful eating and physical activities that they practiced during the summer.</i>		
Health 3. Students will understand the benefits of practicing health-enhancing behaviors that reduce health risks.	3. Students will evaluate the role of personal responsibility in health-related decisions.	4.3.3 Comprehension Explore how current health decisions affect one's future.

Fourth Grade—Week 2—Part A
Content Standards for frgrwk2.pdf

Content Area/Goal	Indicator	Standard/Bloom's Taxonomy Level
LESSON OBJECTIVE: <i>Name two Native American athletes and tell what they did to become famous.</i>		
History 1. Students will understand the emergence and development of civilizations and cultures over time and place.	2. Evaluate the influence of varying values and philosophies on the development of civilizations and cultures.	4.1.2 Comprehension Explore the beliefs, values, and customs of various societies.
LESSON OBJECTIVE: <i>Name and describe four body cues they may feel after being physically active.</i>		
Physical Education 2. Students will analyze scientific concepts and principles to understand, evaluate, and enhance movement skill acquisition and performance.	1. Students will apply scientific concepts and principles to analyze performance of self and others.	3.2.1 Comprehension Understand there are connections between scientific principles and a specific movement.
LESSON OBJECTIVE: <i>Practice a variety of physical activity in the classroom.</i> <i>Set and complete an in-class goal activity.</i>		
Physical Education 5. Students will understand that physical activity provides opportunity for enjoyment, challenge, self-expression, social interaction, and employment.	1. Students will evaluate how physical activity serves as a vehicle to provide opportunities for self-expression and personal growth.	3.5.1 Application Participate in physical activity to experience enjoyment.
Health 3. Students will understand the benefits of practicing health-enhancing behaviors which reduce health risks.	1. Students will evaluate health-enhancing behaviors which promote wellness.	3.3.1 Comprehension Describe practices which promote life-long health and well being.

Fourth Grade—Week 2—Part B
Content Standards for frgrwk 2.pdf

Content Area/Goal	Indicator	Standard/Bloom's Taxonomy Level
LESSON OBJECTIVE: <i>Demonstrate how to play “Count Ten” as if they were teaching family or friends to play the game.</i>		
Physical Education 5. Students will understand that physical activity provides opportunity for enjoyment, challenge, self-expression, social interaction, and employment.	1. Students will evaluate how physical activity serves as a vehicle to provide opportunities for self-expression and personal growth.	3.5.1 Application Participate in physical activity to experience enjoyment.
Health 5. Students will contribute to the health of their families, peers, schools, communities, and environments.	3. Students will advocate and support practices which promote a healthy community and environment.	4.5.3 Application Describe behaviors which support others in making healthy choices. Explore ways to advocate good health in families, schools, and communities.
LESSON OBJECTIVE: <i>Explain four ways a goal can help them plan to be physically active.</i> <i>Explain the importance of a “goal partner”.</i>		
Health 3. Students will understand the benefits of practicing health-enhancing behaviors that reduce health risks.	2. Students will evaluate strategies for achieving and maintaining personal health goals.	4.3.2 Comprehension Explain ways to achieve and maintain good health.
Health 3. Students will understand the benefits of practicing health-enhancing behaviors that reduce health risks.	3. Students will evaluate the role of personal responsibility in health-related decisions.	4.3.3 Comprehension Explore how current health decisions affect one's future.
Physical Education 3. Students will participate in physical activity to achieve and maintain a health enhancing level of physical fitness.	2. Students will evaluate the health-related/fitness benefits resulting from participation in different forms of physical activity.	4.3.2 Comprehension Explore and share the results of on-going physical activity.

Physical Education 3. Students will participate in physical activity to achieve and maintain a health enhancing level of physical fitness.	3. Students will participate regularly in physical activities that contribute to attainment of personal health-related fitness.	4.3.3 Comprehension Engage in on-going physical activity and encourage the participation of others.
LESSON OBJECTIVE: Name five reasons for being physically active.		
Physical Education 3. Students will participate in physical activity to achieve and maintain a health enhancing level of physical fitness.	2. Students will evaluate the health-related/fitness benefits resulting from participation in different forms of physical activity.	4.3.2 Comprehension Explore and share the results of on-going physical activity.
Health 3. Students will understand the benefits of practicing health-enhancing behaviors that reduce health risks.	1. Students will evaluate health-enhancing behaviors that promote wellness.	4.3.1 Comprehension Describe the characteristics of good personal health.
LESSON OBJECTIVE: Name five physical activities they can do when they are outside of school.		
Physical Education 3. Students will participate in physical activity to achieve and maintain a health enhancing level of physical fitness.	3. Students will participate regularly in physical activities that contribute to attainment of personal health-related fitness.	4.3.3 Comprehension Explore various activities to meet personal health-related fitness needs. Engage in on-going physical activity and encourage the participation of others.

Fourth Grade—Week 3—Part A
Content Standards for frgrwk3.pdf page 3

Content Area/Goal	Indicator	Standard/Bloom's Taxonomy Level
<p>LESSON OBJECTIVE: <i>Describe why some foods are called “Everyday Foods” and other foods are called “Sometimes Foods.”</i></p> <p style="text-align: center;"><i>List four characteristics of Everyday Foods and four characteristics of Sometimes Foods.</i></p> <p style="text-align: center;"><i>List at least four Everyday Foods.</i></p> <p style="text-align: center;"><i>List at least four Sometimes Foods.</i></p>		
<p>Health 3. Students will understand the benefits of practicing health-enhancing behaviors that reduce health risks.</p>	<p>2. Students will evaluate strategies for achieving and maintaining personal health goals.</p>	<p>4.3.3 Comprehension Explain ways to achieve and maintain good health.</p>
<p style="text-align: center;">Extending the Lesson LESSON OBJECTIVE: <i>Listen to the story and recall events in the story.</i></p>		
<p>Listening and Viewing 2. Students are able to use critical listening and viewing skills in various situations and for a variety of purposes.</p>	<p>2. Students are able to use strategies to retrieve, interpret, and evaluate ideas/information from various oral/visual sources.</p>	<p>4.L.2.1 Analysis Summarize and/or paraphrase what is seen or heard.</p>
<p style="text-align: center;">Extending the Lesson LESSON OBJECTIVE: <i>Describe observations made while attending an event such as a tribal fair.</i></p>		
<p>Speaking 1. Students are able to speak effectively in a variety of formal and informal situations.</p>	<p>1. Students are able to use appropriate structure and sequence to express ideas and convey information.</p>	<p>4.S.1.1 Application Use complete sentences to express ideas and convey information in a clear and organized manner.</p>
<p>History 1. Students will understand the emergence and development of</p>	<p>2. Evaluate the influence of varying values and philosophies on the development of civilizations and</p>	<p>4.H.1.2 Comprehension Explore the beliefs, values, and customs of various societies.</p>

Fourth Grade—Week 3—Part B
Content Standards for frgrwk3B.pdf page 14

	Indicator	Standard/Bloom's Taxonomy Level
LESSON OBJECTIVE: Prepare a snack using Everyday Foods.		
Health 3. Students will understand the benefits of practicing health-enhancing behaviors that reduce health risks.	2. Students will evaluate strategies for achieving and maintaining personal health goals.	4.3.3 Comprehension Explain ways to achieve and maintain good health.
Reading 1. Students are able to read at increasing levels of complexity for a variety of reasons.	4. Students are able to retrieve, analyze, synthesize, and evaluate a variety of informational texts.	4.R.4.2 Application Use text features and graphic features to categorize information and to gain meaning from informational materials.
LESSON OBJECTIVE: Set a goal to eat an Everyday Food.		
Health 3. Students will understand the benefits of practicing health-enhancing behaviors that reduce health risks.	2. Students will evaluate strategies for achieving and maintaining personal health goals.	4.3.2 Comprehension Explain ways to achieve and maintain good health.
Extending the Lesson		
LESSON OBJECTIVE: Use the “goal partner” to encourage behavior change.		
Health 3. Students will understand the benefits of practicing health-enhancing behaviors that reduce health risks.	2. Students will evaluate strategies for achieving and maintaining personal health goals.	4.3.2 Application Determine personal health progress and make adjustments for improvement.

Fourth Grade—Week 4—Part A
Content Standards for frgrwk4A.pdf page 1

Content Area/Goal	Indicator	Standard/Bloom's Taxonomy Level
LESSON OBJECTIVE: <i>Explain what it means to “make a choice.”</i>		
Reading 1. Students are able to read at increasing levels of complexity for a variety of reasons.	1. Students are able to apply various reading strategies to comprehend and interpret text.	4.R.1.1 Analysis Apply strategies to construct meaning from grade-level text.
LESSON OBJECTIVE: <i>Give at least five reasons they might choose a certain food.</i> <i>List five Everyday Foods they would choose as snacks and explain why they are Everyday Foods.</i> <i>List five Sometimes Foods they would choose as snacks and explain why they are Sometimes Foods.</i>		
Health 3. Students will understand the benefits of practicing health-enhancing behaviors that reduce health risks.	2. Students will evaluate strategies for achieving and maintaining personal health goals.	4.3.3 Comprehension Explain ways to achieve and maintain good health.
LESSON OBJECTIVE: <i>Name three methods advertisers use to persuade others to buy their products.</i>		
Health 2. Students will access and evaluate health information, products, and services.	1. Students will evaluate the impact of culture, media, and technology on personal health decisions and practices.	4.2.1 Comprehension Examine the media's impact on personal health decisions and practices.
<p style="text-align: center;"><i>Extending the Lesson</i></p> LESSON OBJECTIVE: <i>Use advertising methods to design an advertisement for an Everyday Food snack.</i>		
Writing 1. Students will write effectively for	3. Students are able to use appropriate mechanics, usage, and	4.W.3.1 Application Apply grade appropriate mechanical,

Fourth Grade—Week 4—Part B
Content Standards for frgrwk4B.pdf page 15

Content Area/Goal	Indicator	Standard/Bloom's Taxonomy Level
LESSON OBJECTIVE: <i>Present their advertisement of the Everyday Snack they would choose to eat.</i>		
Speaking Students are able to speak effectively in a variety of formal and informal situation.	2. Students are able to use appropriate language and presentation style for formal and information situations.	4.S.2.1 Application Apply expanding vocabularies and conventions of language to speak effectively in different situations. 4.S.2.2 Application Use informational and dramatic presentation strategies when communicating orally.
LESSON OBJECTIVE: <i>Demonstrate how to play “Jumping for Fitness” so that family and friends would be able to play it.</i>		
Physical Education 5. Students will understand that physical activity provides opportunity for enjoyment, challenge, self-expression, social interaction, and employment.	1. Students will evaluate how physical activity serves as a vehicle to provide opportunities for self-expression and personal growth.	3.5.1 Application Participate in physical activity to experience enjoyment.
Health 5. Students will contribute to the health of their families, peers, schools, communities, and environments.	3. Students will advocate and support practices which promote a healthy community and environment.	4.5.3 Application Describe behaviors which support others in making healthy choices. Explore ways to advocate good health in families, schools, and communities.

Fourth Grade—Week 5—Part A
Content Standards for frgrwk5A.pdf page 1

Content Area/Goal	Indicator	Standard/Bloom's Taxonomy Level
<p>LESSON OBJECTIVE: <i>List at least three Everyday Beverages.</i></p> <p><i>Explain why they would choose an Everyday Beverage instead of regular pop or another beverage with a lot of sugar.</i></p>		
<p>Health 3. Students will understand the benefits of practicing health-enhancing behaviors that reduce health risks.</p>	<p>2. Students will evaluate strategies for achieving and maintaining personal health goals.</p>	<p>4.3.3 Comprehension Explain ways to achieve and maintain good health.</p>
<p style="text-align: center;">Extending the Lesson</p> <p>LESSON OBJECTIVE: <i>Calculate the amount of sugar in a beverage.</i></p>		
<p>Algebra 1. Students will use the language of algebra to explore, describe, represent, and analyze number expressions and relations that represent variable quantities.</p>	<p>3. Interpret and develop mathematical models.</p>	<p>4.A.3.1 Application Write and solve number sentences that represent one-step work problems using whole numbers.</p>
<p>Measurement 3. Students will apply systems of measurement and use appropriate measurement tools to describe and analyze the world around them.</p>	<p>1. Apply measurement concepts in practical applications.</p>	<p>4.M.1.3. Application Use scales of length, temperature, capacity, and weight.</p>

Fourth Grade—Week 5—Part B
Content Standards for frgrwk5B.pdf page 14

Content Area/Goal	Indicator	Standard/Bloom's Taxonomy Level
<p>LESSON OBJECTIVE: <i>Name the beverage best to drink when thirsty.</i></p> <p style="text-align: center;"><i>Explain why some beverages are called “Everyday Beverages.”</i></p>		
<p>Health 1. Students will understand the benefits of practicing health-enhancing behaviors that reduce health risks.</p>	<p>1. Students will evaluate health-enhancing behaviors that promote wellness.</p>	<p>4.1.1 Comprehension Describe practices which promote life-long health and well being</p>
<p style="text-align: center;">Extending the Lesson</p> <p>LESSON OBJECTIVE: <i>Write a rap to share information about Everyday Beverages.</i></p>		
<p>Writing 1. Students will write effectively for different audiences and specific purposes.</p>	<p>1. Students are able to use appropriate content, organization, form, and style in technical, business, creative, and personal writing.</p>	<p>4.W.1.1 Application Use strategies to write narrative and descriptive pieces with focus and organization.</p>

Fourth Grade—Week 6—Part A
Content Standards for frgrwk6A.pdf page 1

Content Area/Goal	Indicator	Standard/Bloom's Taxonomy Level
LESSON OBJECTIVE: Define “cooperation” and give examples.		
Reading 1. Students are able to read at increasing levels of complexity for a variety of reasons.	1. Students are able to apply various reading strategies to comprehend and interpret text.	4.R.1.1. Analysis Apply strategies to construct meaning from grade-level text.
LESSON OBJECTIVE: Give two examples of ways to help others meet goals for physical activity and eating Everyday Foods.		
Health 3. Students will understand the benefits of practicing health-enhancing behaviors that reduce health risks.	2. Students will evaluate strategies for achieving and maintaining personal health goals.	4.3.2 Comprehension Explain ways to achieve and maintain good health.
Extending the Lesson LESSON OBJECTIVE: Create a quilt which represents the concepts of Everyday Foods, Everyday Physical Activity, and Everyday Good Feelings About Pathways.		
Visual Arts 1. Students will understand and use visual arts as means for creative self-expression and interpersonal communication.	NA	4.1.1 Comprehension Describe how visual arts tell stories or express moods or ideas.
Visual Arts 3. Students will understand the relationship between visual arts and history, culture, and society.	NA	4.3.2 Comprehension Describe the functions and uses of visual arts in a variety of cultures and societies.

Fourth Grade—Week 6—Part B
Content Standards for frgrwk6B.pdf page 13

Content Area/Goal	Indicator	Standard/Bloom's Taxonomy Level
<p>LESSON OBJECTIVE: <i>Identify two ways they are helping their family and friends.</i></p> <p style="text-align: center;"><i>Name at least two people who help them to live a healthful life</i></p>		
<p>Health 1. Students will understand health promotion and disease prevention concepts and practices.</p>	<p>1. Students will evaluate how personal behavior can impact the health of self, peers, and family.</p>	<p>4.1.1 Analysis Determine how appropriate and inappropriate health practices affect self and family.</p>
<p>LESSON OBJECTIVE: <i>Demonstrate to another person how to play "Mirror Moving."</i></p>		
<p>Physical Education 3. Students will participate in physical activity to achieve and maintain a health enhancing level of physical fitness.</p>	<p>2. Students will evaluate the health-related/fitness benefits resulting from participation in different forms of physical activity.</p>	<p>4.3.2 Comprehension Explore and share the results of on-going physical activity.</p>

Fourth Grade—Week 7—Part A
Content Standards for frgrwk7A.pdf page 3

Content Area/Goal	Indicator	Standard/Bloom's Taxonomy Level
<p>LESSON OBJECTIVE: <i>Write a realistic goal to do regular exercise.</i></p> <p style="text-align: center;"><i>Explain the three parts to a goal check.</i></p>		
<p>Health 3. Students will understand the benefits of practicing health-enhancing behaviors that reduce health risks.</p>	<p>2. Students will evaluate strategies for achieving and maintaining personal health goals.</p>	<p>4.3.2 Comprehension Explain ways to achieve and maintain good health.</p> <p>4.3.2 Application Determine personal health progress and make adjustments for improvement.</p>
<p>Physical Education 3. Students will participate in physical activity to achieve and maintain a health enhancing level of physical fitness.</p>	<p>2. Students will evaluate the health-related/fitness benefits resulting from participation in different forms of physical activity.</p>	<p>4.3.2 Comprehension Explore and share the results of on-going physical activity.</p>
<p style="text-align: center;">Extending the Lesson</p> <p>LESSON OBJECTIVE: <i>Write a plan of action based on information obtained from a chart.</i></p>		
<p>Reading 1. Students are able to read at increasing levels of complexity for a variety of reasons.</p>	<p>4. Students are able to retrieve, analyze, synthesize, and evaluate a variety of informational texts.</p>	<p>4.R.4.1 Application Students are able to gather and organize information for study and research purposes.</p>
<p>Writing 1. Students will write effectively for different audiences and specific purposes.</p>	<p>4. Students are able to write across content areas to clarify and enhance understanding of information.</p>	<p>3.W.4.1 Application Students are able to gather and organize information and write about simple content area topics.</p>

Fourth Grade—Week 7—Part B
Content Standards for frgrwk7B.pdf page 13

Content Area/Goal	Indicator	Standard/Bloom's Taxonomy Level
LESSON OBJECTIVE: Perform a mid-point goal check on Goal #4 that includes these three parts: <i>a) what they planned to do</i> <i>b) goal date; and</i> <i>c) what they actually did</i>		
Health 3. Students will understand the benefits of practicing health-enhancing behaviors that reduce health risks.	3. Students will evaluate the role of personal responsibility in health-related decisions.	4.3.3 Comprehension Explore how current health decisions affect one's future.
Health 5. Students will contribute to the health of their families, peers, schools, communities, and environments.	3. Students will advocate and support practices which promote a healthy community and environment.	4.5.3 Application Describe behaviors which support others in making healthy choices.
Health 3. Students will understand the benefits of practicing health-enhancing behaviors that reduce health risks.	2. Students will evaluate strategies for achieving and maintaining personal health goals.	4.3.2 Comprehension Explain ways to achieve and maintain good health.
LESSON OBJECTIVE: Prepare a healthful snack when given the ingredients.		
Reading 1. Students are able to read at increasing levels of complexity for a variety of reasons.	4. Students are able to retrieve, analyze, synthesize, and evaluate a variety of informational texts.	4.R.4.2 Application Use text features and graphic features to categorize information and to gain meaning from informational materials.
Health 3. Students will understand the benefits of practicing health-enhancing behaviors that reduce health risks.	2. Students will evaluate strategies for achieving and maintaining personal health goals.	4.3.3 Comprehension Explain ways to achieve and maintain good health.

Fourth Grade—Week 8—Part A
Content Standards for frgrwk8A.pdf page 3

Content Area/Goal	Indicator	Standard/Bloom's Taxonomy Level
LESSON OBJECTIVE: Rank eight foods from the least amount of fat to the most amount of fat by reading the Nutrition Facts.		
Health 3. Students will understand the benefits of practicing health-enhancing behaviors that reduce health risks.	2. Students will evaluate strategies for achieving and maintaining personal health goals.	4.3.2 Comprehension Explain ways to achieve and maintain good health.
Reading 1. Students are able to read at increasing levels of complexity for a variety of reasons.	4. Students are able to retrieve, analyze, synthesize, and evaluate a variety of informational texts.	4.R.4.1 Application Students are able to gather and organize information for study and research purposes.
Health 3. Students will understand the benefits of practicing health-enhancing behaviors which reduce health risks.	1. Students will evaluate health-enhancing behaviors which promote wellness.	3.3.1 Comprehension Describe practices which promote life-long health and well being.
LESSON OBJECTIVE: Give at least two differences between foods on the Everyday Foods list and those on the Sometimes Foods list.		
Health 3. Students will understand the benefits of practicing health-enhancing behaviors that reduce health risks.	2. Students will evaluate strategies for achieving and maintaining personal health goals.	4.3.2 Comprehension Explain ways to achieve and maintain good health.
Extending the Lesson		
LESSON OBJECTIVE: After watching the actors and listening to the story, retell the story in ones own words.		
Listening and Viewing 2. Students are able to use critical listening and viewing skills in various situations and for a variety of purposes.	2. Students are able to use strategies to retrieve, interpret, and evaluate ideas/information from various oral/visual sources.	4.L.2.1. Analysis Students are able to summarize and/or paraphrase what is seen or heard.

Fourth Grade—Week 8—Part B
Content Standards for frgrwk8B.pdf page 13

Content Area/Goal	Indicator	Standard/Bloom's Taxonomy Level
<p>LESSON OBJECTIVE: <i>Give an example of healthful ways to eat more fruits and vegetables.</i></p> <p><i>Write a realistic goal for eating more fruits and vegetables.</i></p>		
Health 3. Students will understand the benefits of practicing health-enhancing behaviors that reduce health risks.	2. Students will evaluate strategies for achieving and maintaining personal health goals.	4.3.2 Comprehension Explain ways to achieve and maintain good health.
Reading 1. Students are able to read at increasing levels of complexity for a variety of reasons.	4. Students are able to retrieve, analyze, synthesize, and evaluate a variety of informational texts.	4.R.4.1 Application Students are able to gather and organize information for study and research purposes.
Health 3. Students will understand the benefits of practicing health-enhancing behaviors which reduce health risks.	1. Students will evaluate health-enhancing behaviors which promote wellness.	3.3.1 Comprehension Describe practices which promote life-long health and well being.
<p style="text-align: center;">Extending the Lesson</p> <p>LESSON OBJECTIVE: <i>Listen to the story and retell the story in ones own words.</i></p>		
Listening and Viewing 2. Students are able to use critical listening and viewing skills in various situations and for a variety of purposes.	2. Students are able to use strategies to retrieve, interpret, and evaluate ideas/information from various oral/visual sources.	4.L.2.1. Analysis Students are able to summarize and/or paraphrase what is seen or heard.

Fourth Grade—Week 9—Part A
Content Standards for frgrwk9A.pdf page 2

Content Area/Goal	Indicator	Standard/Bloom's Taxonomy Level
LESSON OBJECTIVE: <i>Record their regular exercise practice on the physical activity card.</i>		
Health 3. Students will understand the benefits of practicing health-enhancing behaviors that reduce health risks.	2. Students will evaluate strategies for achieving and maintaining personal health goals.	4.3.2 Comprehension Explain ways to achieve and maintain good health. 4.3.2 Application Determine personal health progress and make adjustments for improvement.
Physical Education 3. Students will participate in physical activity to achieve and maintain a health enhancing level of physical fitness.	2. Students will evaluate the health-related/fitness benefits resulting from participation in different forms of physical activity.	4.3.2 Comprehension Explore and share the results of on-going physical activity.
LESSON OBJECTIVE: <i>Practice their Walk/Run for the Great Race.</i>		
Physical Education 5. Students will understand that physical activity provides opportunity for enjoyment, challenge, self-expression, social interaction, and employment.	1. Students will evaluate how physical activity serves as a vehicle to provide opportunities for self-expression and personal growth.	3.5.1 Application Participate in physical activity to experience enjoyment.
Extending the Lesson LESSON OBJECTIVE: <i>Listen to the story and recall events in the story.</i>		
Listening and Viewing 2. Students are able to use critical listening and viewing skills in various situations and for a variety of purposes.	Students are able to use strategies to retrieve, interpret, and evaluate ideas/information from various oral/visual sources.	4.L.2.1 Analysis Summarize and/or paraphrase what is seen or heard.

Fourth Grade—Week 9—Part B
Content Standards for frgrwk9B.pdf page 13

Content Area/Goal	Indicator	Standard/Bloom's Taxonomy Level
LESSON OBJECTIVE: <i>Explain what self-talk is and how it can be used to motivate oneself to stay active.</i>		
Health 3. Students will understand the benefits of practicing health-enhancing behaviors that reduce health risks.	2. Students will evaluate strategies for achieving and maintaining personal health goals.	4.3.2 Comprehension Explain ways to achieve and maintain good health.
Health 3. Students will understand the benefits of practicing health-enhancing behaviors which reduce health risks.	1. Students will evaluate health-enhancing behaviors which promote wellness.	3.3.1 Comprehension Describe practices which promote life-long health and well being.
LESSON OBJECTIVE: <i>Contrast positive and negative self-talk messages.</i>		
Health 3. Students will understand the benefits of practicing health-enhancing behaviors that reduce health risks.	3. Students will evaluate the role of personal responsibility in health-related decisions.	4.3.3 Comprehension Explore how current health decisions affect one's future.
Writing 1. Students will write effectively for different audiences and specific purposes.	4. Students are able to write across content areas to clarify and enhance understanding of information.	4.W.4.1 (Application) Gather, organize, and explain (using main idea and supporting details) in writing what is known about selected content area topics.

Fourth Grade—Week 10—Part A
Content Standards for frgrwk10A.pdf page 2

Content Area/Goal	Indicator	Standard/Bloom's Taxonomy Level
LESSON OBJECTIVE: <i>Use the Nutrition Facts label and correctly locate Serving Size and Total Fat per Serving information.</i>		
Reading 1. Students are able to read at increasing levels of complexity for a variety of reasons.	4. Students are able to retrieve, analyze, synthesize, and evaluate a variety of informational texts.	4.R.4.1 Application Students are able to gather and organize information for study and research purposes.
Health 3. Students will understand the benefits of practicing health-enhancing behaviors which reduce health risks.	1. Students will evaluate health-enhancing behaviors which promote wellness.	3.3.1 Comprehension Describe practices which promote life-long health and well being.
LESSON OBJECTIVE: <i>Calculate the Total Fat in 3 servings of potato chips.</i>		
Number Sense 4. Students will develop and use number sense to investigate the characteristics of numbers in a variety of forms and modes of operation.	1. Use the structural characteristics of a set of real numbers and its various subsets.	4.N.1.2 Comprehension Find multiples of whole numbers through 12.
LESSON OBJECTIVE: <i>Demonstrate the Bumpityville Bus exercise break.</i>		
Physical Education 5. Students will understand that physical activity provides opportunity for enjoyment, challenge, self-expression, social interaction, and employment.	1. Students will evaluate how physical activity serves as a vehicle to provide opportunities for self-expression and personal growth.	3.5.1 Application Participate in physical activity to experience enjoyment.
Listening and Viewing 2. Students are able to use critical listening and viewing skills in various situations and for a variety of purposes.	1. Students are able to use various listening and viewing strategies in social, academic, and occupational situations.	4.L.1.1 Application Critically listen to and focus on the speaker.

Fourth Grade—Week 10—Part B
Content Standards for frgrwk10B.pdf page 13

Content Area/Goal	Indicator	Standard/Bloom's Taxonomy Level
LESSON OBJECTIVE: <i>Demonstrate how to make a healthful snack using saltine crackers and other Everyday Foods.</i>		
Reading 1. Students are able to read at increasing levels of complexity for a variety of reasons.	4. Students are able to retrieve, analyze, synthesize, and evaluate a variety of informational texts.	4.R.4.2 Application Use text features and graphic features to categorize information and to gain meaning from informational materials.
<p style="text-align: center;">Extending the Lesson</p> LESSON OBJECTIVE: <i>Give descriptive names to your snack creations.</i>		
Writing 1. Students will write effectively for different audiences and specific purposes.	4. Students are able to write across content areas to clarify and enhance understanding of information.	4.W.4.1 (Application) Gather, organize, and explain (using main idea and supporting details) in writing what is known about selected content area topics.

Fourth Grade—Week 11—Part A
Content Standards for frgrwk11A.pdf page 2

Content Area/Goal	Indicator	Standard/Bloom's Taxonomy Level
LESSON OBJECTIVE: <i>Demonstrate selecting a low-fat meal or snack from a store.</i>		
Health 3. Students will understand the benefits of practicing health-enhancing behaviors which reduce health risks.	1. Students will evaluate health-enhancing behaviors which promote wellness.	4.3.1 Comprehension Describe practices which promote life-long health and well being.
LESSON OBJECTIVE: <i>Calculate how many teaspoons of fat are in the foods they select from the store.</i>		
Number Sense 4. Students will develop and use number sense to investigate the characteristics of numbers in a variety of forms and modes of operation.	1. Use the structural characteristics of a set of real numbers and its various subsets.	4.N.1.2 Comprehension Find multiples of whole numbers through 12.
Extending the Lesson LESSON OBJECTIVE: <i>Describe an imaginary trip to the landmarks and sites located on the Pathways Map.</i>		
Geography 2. Students will understand the interrelationships of people, places, and the environment.	1. Analyze information from geographic representation, tools, and technology to define location, place, and region.	4.2.1 Comprehension Use location, direction, size, and shape to develop and refine mental maps.
Extending the Lesson LESSON OBJECTIVE: <i>Summarize an interview with an elder about the history of the traditional foods of the community.</i>		
History 1. Students will understand the emergence and development of civilizations and cultures over time and place.	2. Evaluate the influence of varying values and philosophies on the development of civilizations and cultures.	4.1.2 Analysis Explore the beliefs, values, and customs of various societies.

Fourth Grade—Week 11—Part B
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Content Area/Goal	Indicator	Standard/Bloom's Taxonomy Level
LESSON OBJECTIVE: <i>Explain how a goal partner can help them reach their goals.</i>		
Health 3. Students will understand the benefits of practicing health-enhancing behaviors that reduce health risks.	2. Students will evaluate strategies for achieving and maintaining personal health goals.	4.3.2 Comprehension Explain ways to achieve and maintain good health.
Health 5. Students will contribute to the health of their families, peers, schools, communities, and environments.	3. Students will advocate and support practices which promote a healthy community and environment.	4.5.3 Application Describe behaviors which support others in making healthy choices. Explore ways to advocate good health in families, schools, and communities.
LESSON OBJECTIVE: <i>List three low-fat snack choices they can buy at a store.</i>		
Health 3. Students will understand the benefits of practicing health-enhancing behaviors that reduce health risks.	2. Students will evaluate strategies for achieving and maintaining personal health goals.	4.3.2 Comprehension Explain ways to achieve and maintain good health.
Extending the Lesson		
LESSON OBJECTIVE: <i>Plan and practice demonstrating physical activities for a celebration.</i>		
Physical Education 5. Students will understand that physical activity provides opportunity for enjoyment, challenge, self-expression, social interaction, and employment.	1. Students will evaluate how physical activity serves as a vehicle to provide opportunities for self-expression and personal growth.	4.5.1 Application Participate in physical activity to experience enjoyment.
Physical Education 3. Students will participate in physical activity to achieve and maintain a health enhancing level of physical fitness.	3. Students will participate regularly in physical activities that contribute to attainment of personal health-related fitness.	4.3.3 Comprehension Engage in on-going physical activity and encourage the participation of others.

Fourth Grade—Week 12—Part A
Content Standards for frgrwk12A.pdf page 2

Content Area/Goal	Indicator	Standard/Bloom's Taxonomy Level
LESSON OBJECTIVE: <i>Discuss at least five things they have learned from their Pathways lessons.</i>		
Health 3. Students will understand the benefits of practicing health-enhancing behaviors that reduce health risks.	2. Students will evaluate strategies for achieving and maintaining personal health goals.	4.3.2 Comprehension Explain ways to achieve and maintain good health.
Health 5. Students will contribute to the health of their families, peers, schools, communities, and environments.	3. Students will advocate and support practices which promote a healthy community and environment.	4.5.3 Application Describe behaviors which support others in making healthy choices. Explore ways to advocate good health in families, schools, and communities.
LESSON OBJECTIVE: <i>Describe two new behaviors they now do because of Pathways.</i>		
Health 3. Students will understand the benefits of practicing health-enhancing behaviors that reduce health risks.	2. Students will evaluate strategies for achieving and maintaining personal health goals.	4.3.2 Comprehension Explain ways to achieve and maintain good health.
Extending the Lesson		
LESSON OBJECTIVE: <i>Write a short story about a traditional name you have or might like to earn.</i>		
Writing 1. Students will write effectively for different audiences and specific purposes.	1. Students are able to use appropriate content, organization, form, and style in technical, business, creative, and personal writing.	4.W.1.1 Application Use strategies to write narrative and descriptive pieces with focus and organization.
Writing 1. Students will write effectively for different audiences and specific purposes	3. Students are able to use appropriate mechanics, usage, and conventions of language.	4.W.1.3 Application Apply grade appropriate mechanical, grammatical, usage, and spelling conventions during drafting and editing.

Fourth Grade—Week 12—Part B
Content Standards for frgrwk12B.pdf page 13

Content Area/Goal	Indicator	Standard/Bloom's Taxonomy Level
<p>LESSON OBJECTIVE: <i>Describe three things they are doing in preparation for the Pathways Great Race Event.</i></p> <p style="text-align: center;"><i>Participate in the Pathways Great Race.</i></p>		
Health 3. Students will understand the benefits of practicing health-enhancing behaviors that reduce health risks.	2. Students will evaluate strategies for achieving and maintaining personal health goals.	4.3.2 Comprehension Explain ways to achieve and maintain good health.
Physical Education 3. Students will participate in physical activity to achieve and maintain a health enhancing level of physical fitness.	3. Students will participate regularly in physical activities that contribute to attainment of personal health-related fitness.	4.3.3 Comprehension Engage in on-going physical activity and encourage the participation of others.
<p>LESSON OBJECTIVE: <i>Describe their Body Cues during the Pathways Great Race.</i></p>		
Physical Education 2. Students will analyze scientific concepts and principles to understand, evaluate, and enhance movement skill acquisition and performance.	1. Students will apply scientific concepts and principles to analyze performance of self and others.	4.2.1 Comprehension Understand there are connections between scientific principles and a specific movement.
<p style="text-align: center;">Extending the Lesson</p> <p>LESSON OBJECTIVE: <i>Describe your Story Stick and its traditions.</i></p>		
History 1. Students will understand the emergence and development of civilizations and cultures over time and place.	2. Evaluate the influence of varying values and philosophies on the development of civilizations and cultures.	4.1.2 Analysis Explore the beliefs, values, and customs of various societies.
Speaking 3. Students are able to speak effectively	1. Students are able to use appropriate structure and sequence to	4.S.1.1 Application Use complete sentences to express ideas